

Westminster Council on Aging

MARCH 2016 Newsletter



69 West Main Street, Westminster, MA . 01473

978-874-7402

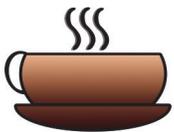


*The Council on Aging would like to extend our sympathy
to the family and friends of
Kenneth J. Chalifoux.*

HAPPY SAINT PATRICK'S DAY!

Join us for our first Breakfast in our new building on April 7, 2016. McNally's is sponsoring this. Time will be

9:30-11:00am!



REMEMBER
DAYLIGHT SAVINGS
MARCH 13TH



WCSO New Public Safety Initiative:
The Heroin Epidemic and Pain Medication-
The Local Impact and How to protect Your Pills
The Westminster Community is invited to attend

This important presentation
by

The Worcester County Sheriff's Office
Monday, March 14, 12:00
Westminster Senior Center



Upcoming Events

HAPPY SAINT PATRICK'S DAY!

For anyone needing to make an appointment with Gail Noel, our Shine Counselor, times are available February 29 from 12:30-3:30. Call to make an appointment.

Applications for the 2016 Tax Work-off program are available. You have to meet the income, age, residency & and home ownership requirements. Eligible participants will receive a maximum credit of \$1,000 on their property taxes [less applicable withholdings], earned at a rate of \$8.00 per hour, for authorized work performed for the Town of Westminster.

We still have openings to have your taxes done with an AARP staff member. Times are available March 11 & March 18. Call the center to make an appointment.

Come get fit with Paula Magee in her Silver Sneakers Program on Thursdays 10:45-11:30.

Gentle Stretch with Diane Moore is being held on Thursdays 10:15-11:30 at the Library. Call 978-874-5670 for more information.

Lorna from Heywood Wakefield Commons will be holding an information meeting here on March 18 at 11:30. Come & hear what she has to say as you enjoy a dessert brought by her!



Activities



Monday

Tuesday

Wednesday

Thursday

Friday

	1	2	3	4
	9-11:30 Art 12:30-3 Bridge 1:00 Mahjong NAILS by appt	9:00 Art 11:30 Lunch 1:00 Crafts SHINE by appt	9:00 Wood Carving 9-11 WOW 10-11 Gentle Stretch-Library 10:45-11:30 Silver Sneakers 1:00 Crafts	9:00 Art 11:30 Lunch 1:00 Bingo
7	8	9	10	11
10-2 Pitch 11:30 Lunch 1-3:00 Bingo	9-11:30 Art 12:30-3 Bridge 1:00 Mahjong NAILS by appt	9:00 Art 11:30 Lunch 1:00 Crafts SHINE by appt	9:00 Wood Carving 9-11 WOW 10-11 Gentle Stretch-Library 10:45-11:30 Silver Sneakers 1:00 Crafts	9:00 Art 11:30 Lunch 1:00 Bingo
14	15	16	17	18
10-2 Pitch 11:30 Lunch 1-3:00 Bingo	9-11:30 Art 12:30-3 Bridge 1:00 Mahjong NAILS by appt	9:00 Art 11:30 Lunch 1:00 Crafts SHINE by appt	9:00 Wood Carving 9-11 WOW 10-11 Gentle Stretch-Library 10:45-11:30 Silver Sneakers 1:00 Crafts	9:00 Art 11:30 Lunch 1:00 Bingo
21	22	23	24	25
10-2 Pitch 11:30 Lunch 1-3:00 Bingo	9-11:30 Art, 12:30-3 Bridge 1:00 Mahjong NAILS by appt	9:00 Art 11:30 Lunch 1:00 Crafts SHINE by appt	9:00 Wood Carving 9-11 WOW 10-11 Gentle Stretch-Library 10:45-11:30 Silver Sneakers 1:00 Crafts	9:00 Art 11:30 Lunch 1:00 Bingo
28	29	30	31	April 1
10-2 Pitch 11:30 Lunch 1-3:00 Bingo	9-11:30 Art 12:30-3 Bridge 1:00 Mahjong NAILS by appt	9:00 Art 11:30 Lunch 1:00 Crafts SHINE by appt	9:00 Wood Carving 9-11 WOW 10-11 Gentle Stretch-Library 10:45-11:30 Silver Sneakers 1:00 Crafts	